



DON'T BUY ASPIRIN IN A "PILL" BOX

Ask for "Bayer Tablets of Aspirin" in a Bayer package—marked with "Bayer Cross."

You must say "Bayer." Never ask for merely Aspirin tablets. The name "Bayer" means you are getting the genuine "Bayer Tablets of Aspirin," proven safe by millions of people.

Don't buy Aspirin tablets in a pill box. Insist on getting the Bayer package with the safety "Bayer Cross" on both package and on tablets. No other way!

Beware of counterfeits! Only recently a Brooklyn manufacturer was sent to the penitentiary for flooding the country with talcum powder tablets, which he claimed to be Aspirin.

In the Bayer package are proper directions and the dose for Headache, Toothache, Earache, Neuralgia, Rheumatism, Lumbago, Sciatica, Colds, Grippe, Influenza-Colds, Neuritis and pain generally.

"Bayer Tablets of Aspirin," American made and owned, are sold in vest pocket boxes of 12 tablets, which cost only a few cents, also in bottles of 24 and bottles of 100—also capsules. Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid.

Ever Try It?

Smith—I understand Jebbs is learning to run a typewriter. What system is he using, the touch system?

Brown—No; he says it's the hunt and poke system; mostly poke.

Important to all Women Readers of this Paper

Thousands upon thousands of women have kidney or bladder trouble and never suspect it.

Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease.

If the kidneys are not in a healthy condition, they may cause the other organs to become diseased.

You may suffer pain in the back, headache and loss of ambition.

Poor health makes you nervous, irritable and may be dependent; it makes any one so.

But hundreds of women claim that Dr. Kilmer's Swamp-Root, by restoring health to the kidneys, proved to be just the remedy needed to overcome such conditions.

Many send for a sample bottle to see what Swamp-Root, the great kidney, liver and bladder medicine, will do for them. By enclosing ten cents to Dr. Kilmer & Co., Binghamton, N. Y., you may receive sample size bottle by Parcel Post. You can purchase medium and large size bottles at all drug stores.—Adv.

Use for Old Batteries. In open fireplaces, especially where wood is used for fuel, a gorgeous colored-fire effect may be produced, says Popular Mechanics magazine, by placing one or two old dry cells among the hot coals. The substance with which the top of the battery is sealed soon burns away, and the heat sets up a chemical action, producing a gas which burns with a flame of vivid blue, purple and green. One old dry cell will continue the spectacle for from half to three-quarters of an hour, depending upon the heat of the fire in which it is placed. No danger attaches to this production of colored fire. It costs nothing, inasmuch as old dry batteries are ordinarily worthless, but it will provide both pleasure and amusement at fireside gatherings.

Well, Isn't It? "Clifford, what is an island?" Clifford had not studied his geography lesson, and was stumped for a moment by his teacher's question. "Well," he said, pausing between words to think, "an island is a place where, if you haven't got a boat, you can't get off."

Hint From the Sweet Girl. "I'd kiss you if I had a reasonable excuse."

"The family in the flat above is named Mistletoe," coyly responded the girl.—Kansas City Journal.

Woman may be the weaker vessel, but she sometimes contains the stronger spirit.

REFUSED TO ACCEPT FAVOR

Wounded British Officer Insisted on Waiting for His Turn to Have Hospital Attention.

The British officer, whatever his professional qualifications, always has courage, solicitude for his men and a strict sense of justice.

I have wondered, says Mr. Charles W. Whitehair in his recently published book, "Out There," at the great love and sympathy that seem to exist between the British officer and his men.

I had seen it in India before the war. I have seen it in all parts of the British empire. I know the reason now. I have yet to see a British officer among the walking wounded who goes ahead of his men to have his wounds dressed.

Outside of one dressing station sat a young colonel with a bad wound. One of the secretaries noticed him and said, "You had better get into the dressing station at once."

"It is not my turn. I will not go out of turn."

Some four hours later, the secretary, passing out food and drink, again noticed the colonel.

"Here! Why haven't you had your wounds dressed?" he exclaimed. "I am waiting for my turn."

"But it was your turn long ago. 'Are you sure?'"

"Of course I am. Come, let me help you."

Into the dressing room he staggered. He had no idea that he had done a heroic thing.

The Man He Was Looking For. The Sydney Bulletin tells a new story of the shirker caught at his own game. It was a soldier, who said:

"Please, sergeant, may I be excused from church parade? I am an agnostic."

"Don't you believe in the Ten Commandments, then?"

"No, I don't."

"Not even the one about keeping the Sabbath?"

"No."

"Well, you're the very man I've been looking for to scrub out the canteens."

Women Should Carry Pencils. "Now that there are getting to be so many women in business," complained an office man, "every business house in the course of the day has many women callers, but I never have found one yet who carried a pencil."

"Frequently you have to give them an address or a memorandum of some sort. Invariably the first request is, 'May I borrow a pencil?'"

"If women are going to be really efficient in the work world they've got to remodel their clothes and provide a pocket for pencils."

First-Hand Knowledge. Belle—What's the floor tax? Nell—Why, the one they put on carpets, of course.

THE KITCHEN CABINET

Measure thy life by loss instead of gain; Not by the wine drunk, but the wine poured forth. For love's strength standeth in love's sacrifice. And whoso suffers most hath most to give.

CHEESE A VALUABLE FOOD.

Cheese is one of our most valuable foods and one which is much slighted.

There are many who have a wrong idea in regard to the digestibility of cheese, calling it hard to digest. Various exhaustive experiments have been made upon a large number of people. The report from these is that cheese is not hard of digestion and is one of our most nutritious foods. The idea which has caused cheese to be put on the black list for digestibility is probably that cheese is often eaten at the end of a heavy meal and the attack of indigestion is attributed to the cheese when the whole meal itself is to blame.

The varieties of cheese are many and bewildering. To one interested it is a most pleasant study. The origin and history of cheeses make very interesting reading.

The right kind of cheese to serve with certain courses is a puzzle to many an entertainer, for it is quite a breach of culinary etiquette to serve the wrong variety at any course of the dinner.

Some of the popular cheeses, beginning with our own American, which includes the rich cheeses well ripened made in Wisconsin, are called New York, Brick, Limburger, Swiss, Sage. Other cheeses foreign made, though now produced many of them in this country are Edam, Stilton, Cheddar, Roquefort, Camembert, Gruyere, Fromage de Brie, Sapsago and Parmesan.

For macaroni dishes and an gratin dishes there is no cheese more popular than the Parmesan. It is very hard and is usually on the market grated ready for use. If bought in the Italian market you are sure to get the real article.

For rarebits, souffles and all baked dishes a rich, well-ripened cheese should be used, the Wisconsin cheese, so-called New York, is the best; in fact is good anywhere at any time.

Cheese should be used freely as flavor and as food. It is twice as nutritious pound for pound as steak, with very little waste.

No man or woman of the humblest sort can really be strong, gentle, pure and good without the world's being better for it, without somebody's being helped and comforted by the very existence of that goodness.—Phillips Brooks.

HELPS FOR THE HOUSEWIFE. Have your kitchen on the side of the house with the best view, the best light, sunshine and air.

Keep a low rocking chair in the kitchen where one may relax a moment or two when watching the oven.

Plan the meals a week ahead, providing in a general way for left-overs. It will solve the ever-present problem at least for a week of "what to have for dinner."

Make your kitchen a workshop and keep all tools within easy reach of the hand that uses them.

Do not use worn-out and antiquated utensils; have measuring cups, spoons, spatulas and wooden spoons for stirring; good working egg beaters, meat grinder and bread mixer.

Save much waste of time, material and strength by availing yourself of others' experience. One way is the reading of good household magazines and conference with other housewives. Experience is often dearly bought and she is indeed wise who will avail herself of that which has been proved by others.

Take time even in the busiest life to play a little every day. Play in your own way, it will make work lighter, cares less heavy and homes happier.

There is no modern convenience equal to an alert mind, in a healthy body. Do not overwork, take plenty of sleep and try to have at least an hour in the open air every day. A sleeping porch has saved the life of many a housewife. Plan all work and follow some system. "Work well begun is half done."

Teach the children so thoroughly that they will never forget the knowledge, that when clothing is afire to smother it by rolling on the ground or floor or with a woolen garment. So many lives have been lost because the victim lost his head or didn't know what to do in an emergency.

Antidotes for poisons, first aid to the injured and knowledge for common accidents should be taught with the A B C's.

Be interested in what is going on in the world. Keep busy, have plenty of sleep, at least nine hours, in a well-ventilated room.

Wear warm clothing, exercise moderately, keep active and cheerful.

Love took up the harp of Life, and sang: On all the chords with might—Smote the chord of Self, that trampling passed In music out of sight.

USEFUL HINTS.

When cleaning door knobs, brass or metal handles on furniture or knockers, slip a piece of paste board, an oblong with a slit in the side, around the article to be cleaned and the woodwork will not then be injured.

When lending a book to a friend, make a note of it and the date, so if forgotten it may be located.

Apples should be carefully washed before giving them to children as they may be many unseen germs on the skin which might cause harm.

A candle is a good traveling companion. When carrying bottles that are prone to spill or leak and spoil the best garment in the bag or trunk pour a bit of the melted wax around the corks before starting on the trip and carry a candle to reseat them.

A normal salt solution, one teaspoonful of salt to a quart of hot water, is a fine drink to flush the system. Take it a half hour before eating. It will not be absorbed, but will wash the entire digestive tract.

When it is necessary to drink boiled water, aerate it by pouring it from one dish to another and serve it cold. The flat taste will be removed by this treatment.

The sink makes a nice dishpan, using one of the rubber stoppers to cover the drain. It is roomy and by using a wire drainer all the washing and rinsing may be done in the sink.

Keep the clasp of beads and pearls in front when wearing a wrap or heavy coat as the clasp is often easily pressed open and the pearls are lost.

Old pieces of flannel make fine absorbent floor and cleaning cloths.

A few rules for those who feel the pressure of years—eat light, nutritious food, plenty of milk and reasonable vegetables.

Never let an elderly person feel he or she has outlived his usefulness; such an attitude toward life is only another method of suicide.

One truth I have learned, and I know the cost: The depth of all tragedy is not in the things we have had and lost. But the things that can never be.

A FEW SEASONABLE DISHES.

Those of us who have still on hand many kinds of flour which we like to continue using will enjoy the following:

Spoon Corn Bread.—Mix one cupful of cornmeal with one cupful of milk, and one-half cupful of boiling water, simmer for five minutes. Remove from the heat, add a teaspoonful of salt, two tablespoonsful of shortening, the well-beaten yolks of two eggs, then cool and fold in the beaten whites, add a teaspoonful of baking powder and pour into a greased dish. Bake in a hot oven thirty minutes and serve from the dish at once.

Oatmeal Biscuits.—Mix and sift two cupfuls of oat flour with five teaspoonfuls of baking powder, one-half teaspoonful of salt; add a tablespoonful of corn syrup, one egg and one-half cupful of milk. Drop by spoonfuls on greased pans. Bake fifteen or twenty minutes in a hot oven.

Butter Scotch Pie.—Mix together one cupful of maple syrup, two tablespoonfuls of corn starch, two eggs, a tablespoonful of butter, three-fourths of a cupful of milk, and cook in a double boiler until thick. Cover with meringue and bake.

Dried Peach Custard.—Take one cupful of dried peaches, soak and stew them, mash and add three tablespoonfuls of syrup, the rind and juice of a lemon, two eggs, cinnamon and nutmeg for flavoring. Save the egg whites for the meringue. Bake and cover with meringue, then brown.

French Bread.—Mix together one cupful of oatmeal, two cupfuls of boiling water, one cupful of cornmeal, one cupful of mashed potatoes, one cupful of syrup, two teaspoonfuls of salt and a yeast cake dissolved in two teaspoonfuls of lukewarm water. Beat and knead, adding wheat flour; add one cupful of raisins after the first rising, mold into loaves and let rise again. Bake in a hot oven forty-five minutes.

Storms Carry Birds to Far North. Certain instances of birds found singly far to the north of their usual range are possibly to be explained by the whirl of our cyclonic storms. The wind, turning counter-clockwise, blows off shore in the south and carries the bird out to sea. But sooner or later, if the bird has the good fortune to last out the experience, the farther spin of the storm tends to bring him ashore again.

Nellie Maxwell

THE MEN IN CLASS A!

A sound, healthy man is never a back number. A man can be as vigorous and able at seventy as at twenty. Condition, not years, puts you in the discard. A system weakened by overwork and careless living brings old age prematurely. The bodily functions are impaired and unpleasant symptoms appear. The weak spot is generally the kidneys. Keep them clean and in proper working condition and you will generally find yourself in Class A. Take GOLD MEDAL Harlem Oil Capsules periodically and your system will always be in working order. Your spirits will be enlivened, your muscles supple, your mind active, and your body capable of hard work.

Don't wait until you have been rejected. Commence to be a first-class man now. Go to your druggist at once. Get a trial box of GOLD MEDAL Harlem Oil Capsules. They are made of the pure, original, imported Harlem Oil—the kind your great-grandfather used. Two capsules each day will keep you toned up and feeling fine. Money refunded if they do not help you. Remember to ask for the imported GOLD MEDAL Brand. In three sizes, sealed packages.—Adv.

Common Lack. "He certainly is a wonderful linguist. Is there a tongue he hasn't mastered?" "Oh, yes; his wife's."

GREEN'S AUGUST FLOWER

has been a household remedy all over the civilized world for more than half a century for constipation, intestinal troubles, torpid liver and the generally depressed feeling that accompanies such disorders. It is a most valuable remedy for indigestion or nervous dyspepsia and liver trouble, bringing on headache, coming up of food, palpitation of heart, and many other symptoms. A few doses of August Flower will relieve you. It is a gentle laxative. Ask your druggist. Sold in all civilized countries.—Adv.

Superfluities. Saturn boasted of his rings. "What good are they without a circus?" sneered Earth.

Cuticura Soothes Itching Scalp. On retiring gently rub spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with Cuticura Soap and hot water. Make them your every-day toilet preparations and have a clear skin and soft, white hands.—Adv.

Don't forget that pecuniary charity is often a curse to humanity.

Agents: 62c buys 1b. of our wonderful Herbs drives most stubborn rheumatism entirely out of system. Rheumatism Herb Co., Venice, Cal.

It's Clean, Sweep, Wash —The Live Long Day!



When you feel worn out "tired to death" with the household duties—cooking, scrubbing, cleaning, dusting—(it all comes in the day's work in the household)—turn to the right remedy to strengthen you. The poor woman whose back feels as though it would break, who feels dizzy, whose head aches, or black specks appear before her eyes, all are due to troubles essentially feminine which should be overcome.

The greatest boon to womankind—a temperance tonic made up of herbs, which makes weak women strong and sick women well. This is the "Prescription" of Dr. Pierce, used by him in active practice many years, and now sold by almost every druggist in tablet or liquid form. It has had a half century of successful results in most of the delicate derangements and weaknesses of women. If she's overworked, nervous, or "run-down," she finds new life and strength. Send 10c to Dr. Pierce's Invalids' Hotel, Buffalo, N. Y., for trial package or write for free confidential medical advice.

Allen's Foot-Ease For the Feet

Sprinkle one or two Allen's Foot-Ease powders in the Foot Bath and soak and rub the feet. It takes the sting out of Corns and Bunions and smarting, aching feet. Then for lasting comfort, shake Allen's Foot-Ease into your shoes. It takes the friction from the shoes, rests the feet and makes walking a delight. Always use it for dancing parties and to break in new shoes. All dealers sell it.

Agents: 62c buys 1b. of our wonderful Herbs drives most stubborn rheumatism entirely out of system. Rheumatism Herb Co., Venice, Cal.

Nervousness and Headaches Caused by Acid-Stomach

There is a much closer connection between the stomach and brain than most people imagine. It is because of this close connection that indigestion, belching, sour, gassy stomach and other stomach miseries—all of which are sure signs of acid-stomach—are so often followed by severe attacks of blinding, splitting headaches.

Nervousness, sleeplessness, irritability, mental depression, melancholia and many other disorders which affect the brain can also nearly always be traced to the same source—acid-stomach.

So often you hear people say "I am so nervous I think I'll fly to pieces"; or "It seems I never get a good night's sleep any more, my nerves are all on edge." Little do they dream that acid-stomach is the direct cause of their troubles because very often there are no pains in the stomach at all. So you see, you can't always judge an acid-stomach condition by the way your stomach, itself, feels.

If you are weak, nervous, unfit—if you are not up to your old time form—if you lack your accustomed enthusiasm, energy and pep—make this test and see if it isn't acid-stomach that is holding you back—robbing you of your health, strength, and vigor. Get a big box of EATONIC—the wonderful modern medicine that so quickly puts an acid stomach to rights. It is in the form of pleasant tasting tablets that you eat like a bit of candy. EATONIC rids the stomach of excess acid. Brings instant relief from indigestion, heartburn, sour belching, food repeating, bloated gas and makes the stomach cool, pure, sweet and comfortable.

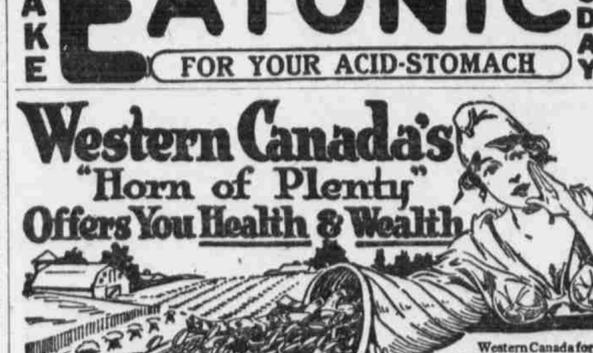
Dentists warn us against the bad effects of acid mouth, pointing out that the acid eats through the enamel of the teeth, causing them to decay. You can easily imagine then the amount of damage excess acid will cause to the delicate organization of the stomach!

Thousands of people are using EATONIC and the results obtained are so remarkable as to be almost unbelievable. Yet their letters of gratitude, many of which are received daily, prove absolutely that EATONIC does all and even more than we claim. The medical profession, too, recognizes the great value of this wonderful remedy. A learned Michigan doctor wrote recently: "I have had such wonderful success with EATONIC that I want every one to know how quickly it will neutralize the acidity of the stomach (acid-stomach) and the stomach will soon be sweet and normal again, and the sick man well and happy once more."

So be sure to get a big box of EATONIC from your druggist today. If it falls in any way to give you the kind of satisfaction you want, take it back—he will refund your money. He doesn't want one penny of your money unless EATONIC helps you.

TAKE EATONIC TODAY FOR YOUR ACID-STOMACH

Western Canada's "Horn of Plenty" Offers You Health & Wealth



Western Canada for years has helped to feed the world—the same responsibility of production still rests upon her. While high prices for Grain, Cattle and Sheep are sure to remain, price of land is much below its value.

Land capable of yielding 20 to 45 bushels of wheat to the acre can be had on easy terms at from \$15 to \$30 per acre—good grazing land at much less.

Many farms paid for from a single year's crop. Raising cattle, sheep and hogs brings equal success. The Government encourages farming and stock raising. Railway and Land Companies offer unusual inducements to Home Seekers. Farms may be stocked by loans at moderate interest. Western Canada offers low taxation, good markets and shipping; free schools, churches and healthful climate.

For particulars as to reduced railway rates, location of land, illustrated literature, etc., apply to Dept. of Immig., Ottawa, Can., or W. V. BENNETT, Room 4, Box Building, ONAHA, Neb. Canadian Government Agent

Means Family Comfort

when the boiling pot of Postum sings its song of health and satisfaction on the kitchen stove.

THE ORIGINAL

POSTUM CEREAL

led the way to comfort for many a family of coffee drinkers, for with the coming of Postum, away went the headaches, nervousness, sleeplessness and irritability that so often follow the use of coffee.

You can still buy that original Postum from your grocer—an invigorating drink of rare, delicious flavor—a beverage that is really part of the meal, not merely something to drink.

"There's a Reason"

Two sizes, usually sold at 15c and 25c.